



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Track And Field							
Course Code		SYB110		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		To gain skills and rules related to the discipline and subjects of athletics.							
Course Content		Definition, history of athletics, classification, sprint, middle and long distance runs, flag runs and rules. Jumps, jumps and rules.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Carr G.A. (1991) "Fundamentals of Track and Field" Leisure Press
2	Bernhard G., (1979) "Sprungtraining", Verlag Hofmann Schorndorf
3	IAAF (2010) "Atletizm Yarışma Kuralları", Atletizm Federasyonu
4	İşler M, (1985) "Okullarda Atletizm", Milli Eğitim Basımevi

Week	Weekly Detailed Course Contents	
1	Theoretical	History of athletics, equipment information, field sizes and competition rules
2	Practice	Info about short distance runs and teaching of the starts
3	Practice	Track and info about starts
4	Practice	Long-term running and technical training of Sporty Hiking
5	Practice	Disabled basics of technical education in sprint running
6	Practice	Basics of technical education in the long jump
7	Practice	Basics of technical education in triple jump
8	Intermediate Exam	Midterm
9	Practice	General information about high jumping
10	Practice	Pole vaulter technical foundations of education
11	Practice	Basics of technical education in Shot put
12	Practice	Basics of technical education in Javelin throw
13	Practice	Basics of technical education in discus thorwing
14	Practice	The base of technical training in hammer throw.
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14
Lecture - Practice	14	1	2	42
Assignment	2	10	2	24
Midterm Examination	1	8	1	9
Final Examination	1	10	1	11
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	Explains the basic concepts of athletics.
2	Summarizes the historical development process of the Athletics branch.
3	Explains the field measurements of the Athletics branch.
4	Explains and applies the competition rules related to the Athletics branch.
5	Applies the basic technical skills of the Athletics branch.

Programme Outcomes (Sports Management)

1	1. To be able to explain the elements of management and organization and to apply the functions of management in sports organizations
2	2. To be able to understand the interdisciplinary and the multidisciplinary nature of the field of sport management.
3	3. To be able to comprehend the knowledge, skills and values related to the management of the general business areas in addition to sports industry at the top-level.
4	4. To be able to define and explain internal and external factors that shape and influence the sports in our country and the World.
5	5. To be able to comprehend and interpret the technical strategies and the managerial skills of the branch of sports chosen.
6	The skill of creating, applying and interpreting the plans of project and program
7	7. To be able to develop strategies financially for the sports organizations, to evaluate the budgets, the sources of income and the expenses
8	8. To be able to comprehend and interpret how the ethical principles influence the process of financial, marketing and administrative decision-making at the sports organizations
9	9. To be able to know the basic principles and methods of the sports marketing at the national and international level
10	10. To be able to understand the qualitative and quantitative analysis and be able to use them effectively

